



# PROVISIONAL TIMETABLE 2023-2024

Tuesday		Wednesday	Thursday		Friday	*Sunday*
5:30-6:30pm EMBER Tiny Prep L1 Age 5-6	5:30-6:30pm GROUP STUNT Various Levels Various Ages	4:30-5:15pm REC CHEER Tiny Rec Age 4-5	5:15-6pm TBC Tiny Novice Age 4-5		5:15-6:15pm SPARKLE Mini Novice Age 6-8	*9am-12pm* TRAVEL TEAM B Age TBC Older Team
6-7:15pm BLAZE Youth Prep L1 Age 9-11	6-7:15pm REC CHEER Youth/Junior Rec Age 9-14	5:15-6:15pm REC CHEER Mini Rec Age 6-8	5:45-7pm GLIMMER Mini Prep L1 Age 7-8	6:45-7:45pm GLOW GIRLS Mini Pom Age 6-9	6:45-7:45pm TUMBLING STRETCH/CON Age 12+ & L2	*10:30am-1pm* TRAVEL TEAM A Age TBC Younger Team
7-8pm TUMBLING STRETCH/CON Age 9-11 L1			6:45-7:45pm TUMBLING STRETCH/CON Age 4-8 L1	6:45-7:45pm GLITZ Junior Pom Age 10+	5:15-6:45pm PHOENIX Level TBC Age 9+ TBC	*11:30-1pm* TUMBLING Age 4+ All Levels
			*6:45-8pm* TRAVEL TEAM A Age TBC Younger Team	7:30-8:30pm TBC Junior Jazz Age 10+	*6:30-8pm* TRAVEL TEAM B Age TBC Older Team	

Competitive Cheer Team
Recreational Cheer Class

Competitive Dance Team
Tumbling/Stretch/Conditioning

All weekday training takes place at Iveshead School, Shepshed.

\*All training marked (\*) is once a month. Sunday monthly training takes place at LAGC, Loughborough - usually 3rd Sunday of each month\*